

# DAY 1



Canadian  
Cancer  
Society

Healthy  
Workplaces

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by



Every hour, or every 2 hours, take a 6 to 12 minute break (depending on your workload) and do each move for 60 seconds, alternating the moves until your time is done.

Click on each move to see how it's done!

Hours

1

2



Triangle



*alternate and repeat*



Forward Fold

3

4



Jumping Jacks



*alternate and repeat*



Squat Jumps

5

6



Squat Jumps



*alternate and repeat*



Jogging In Place

7

8



Lunge



*alternate and repeat*



Squat

All images and moves have been provided by

**GET HEALTHY** 